

2017 Provincial Program Criterium Race Bible



**MANITOBA
CYCLING
ASSOCIATION**

Dates: Wed, May 24, 2017

Where: Danko Dr & Old River Road, off Henderson Hwy, ~5km south of Narol, MB. Sign in and registration will be at the southeast corner of course at Danko and Old River Road.

Host Club: Manitoba Cycling Provincial Program

Race Organizer: Jayson Gillespie (204-333-5503; cycling.coach@sportmanitoba.ca)

Race Categories & Race Start Times: Race(s) are open to Cat 3, Cat 4, Cat 5, and Citizen License holders. Citizen license holders will race with in the Cat 5 category.

- Event 1: Cat 5 – 6:30pm
- Event 2: Cat 4 – 7:15pm
- Event 3: Cat 3 – 8:00pm

Race Format – Timed Raced:

- Classification based on a riders position at the finish of the last lap
- Primes may be offered at the discretion of the race organizer and event commissaire, and will take place on the finish line
- Race Length:
 - Cat 5: 20min + 2 laps
 - Cat 4: 25min + 3 laps
 - Cat 3: 30min + 3 laps
- Lapped riders will not be allowed to contest any primes or finishes; however, they will be allowed to re-join the main pack as long as they don't interfere with the outcome of the race.
- * The length of race listed above is an estimate; the race commissaires will determine the race length used the day of the race based on attendance, weather, and road conditions.

Race Course: The Danko drive – Old River road Loop is approximately 1100m in length, running in a clockwise direction. Start finish is located approximately 250m south of the fourth corner coming off Danko drive onto Old River Road.

Parking: Limited parking is available at the site, along Old River road, between DJ Cruze and Danko road. Please do not park in DJ Cruze.

Eligibility: The race is open to all those with a valid UCI/CCA/MCA license. MCA citizen license holders will participate in the category 5 race.

Cost: Payable to “Manitoba Cycling Association”. Costs are minimal to cover the expenses of hosting the races.

- Youth (18 years or younger): \$5
- Adult (19+ years of age): \$10

Race Day Registration: Race day registration for the Provincial Program Criterium opens at 5:45pm and ends 15min before your event start. Please print out and bring the [entry form and waiver](#), fill out, and bring with you to the race. You must present your race license, payment, entry form and waiver at registration to participate in the Provincial Program Criterium race. All participants under the age of 18, must have a parent signature on the forms to participate.

- Cat 5 Registration: 5:45pm – 6:15pm
- Cat 4 Registration: 6:15pm – 7:00pm
- Cat 3 Registration: 7:00pm – 7:45pm

Courtesy and Safety: The course is semi-closed, with public access open to traffic but controlled by marshals. Signs will indicate that bike race is in progress, but be aware that marshals do not have authority to prevent people from entering the course. Keep your head up at all times. Be courteous to others.

Washrooms: No Washrooms are available at the course. The closest washroom is the Esso along Henderson Hwy between Hoddinott Rd & Pritchard Farm Rd.

Race Cancellation based on Weather: The Provincial Program Criterium race will be cancelled if it is raining on the course at 6:00pm. We will update the Twitter Account (@ManitobaCycling) of any cancellations. If rain occurs during a race, the race will be stopped at the discretion of the race commissaire.

Provincial Program Criterium Race Rules

The Provincial Program Criterium will follow the rules and regulations set by the [UCI](#) and [CCA](#), with the following modifications approved by the MCA:

- **Coaches** from clubs or the provincial team will be allowed to ride alongside their athletes to provide real-time tips, cues and strategies. **Coaches must be:**
 - 1) NCCP Certified: • Old System – Level 1 ROAD CERTIFIED or higher; or • New System – Introduction to Competition Coaching Stream – Trained or Certified.
 - 2) Meet the requirements of MCA Coaching Standards Policy.
- **Training Race = no posted results:** The outcome of a training race will be contested by the racers, but the final standings will not be published. The goal is racing competition but without the public ranking of individuals. Coaches will be permitted to ride with their athletes in a training race without the risk of affecting an important outcome.
- **Lapped riders** will not be allowed to contest any primes or finishes; however, they will be allowed to re-join the main pack if they remain at the back.
- **Prizes/ results:** Except for sponsored draw prizes and primes, the race will not include prize finish prizes or race results.

- All racers bikes must operate a bicycle with both front and rear working brakes.
- All racers must wear a CSA approved helmet while riding on OR off-course (even the parking lot).
- Riders shall act and race with caution and respect for their fellow racers. They shall be held responsible for any accidents that they cause.
- Racers must have their license with them at all times during a race event.
- It is a racer's responsibility to familiarizing yourself with the race course before the race (marshals will not be obligated to give out directions to confused riders).
- A racer must act in a sporting manner at all times
- If a rider exits the course for any reason, he/she must return to the course at the same point from which they exited.
- If a rider suffers from a recognized mishap (crash, flat tire, etc), the rider will entitle a neutralization of 2 laps once report to the commissaire at the start/finish area. After the neutralization, the rider shall return to the position held before the mishap.
- Music players and electronic devises are NOT allowed by any racers during any events.
- Sleeveless jerseys are NOT allowed.
- You can only wear a jersey of a club or team you currently belong to, no pro team jerseys that you are not a member of; if you do not belong to a club wear any jersey that is not a pro jersey nor a club jersey where you are not a member of that club.
- Handlebars must have end caps.

